LEVEL 1 – FIRST TIME BEGINNER

* Enter and Exit Water safely using ladder, steps or side
* Submerge mouth, nose and eyes
* Blow bubbles through mouth and nose
* Open eyes underwater, pick up a submerged object held at arm’s length
* Maintain front float position (face in or out of water)
* Recover from front float to standing position
* Change direction of travel while walking or paddling
* Roll over from front to back
* Roll over from back to front
* Explore arm and hand movements

**On The Front**

Practice alternating arm action

Simultaneous arm action

Alternating leg action

Simultaneous leg action

Combined stroke on front (any arm and leg action)

**On The Back**

Practice alternating arm action

Simultaneous arm action

Alternating leg action

Simultaneous leg action

Combined stroke on back (any arm and leg action)

**WATER SAFETY RULES:**

* How to use a life jacket
* Wearing a life jacket in the water
* How to recognize a swimmer in distress
* How to get help

**TEST:**

1. Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water.
2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.